

SIGNPOSTplus Information Snippets

Southern Devon and Surrounding Areas

7th January 2021



Signpost Plus

The weekly snippets we provide are available to everyone and anyone who would find the information we produce of use to them or someone they care for. If you would like to sign up for southern snippets send your email address to kris.taylor@nhs.net and for northern snippets send your email to amandasmithson@nhs.net

To view archive Snippets, go to the Children and Family Health Devon Signpost Plus webpage. On offer are a variety of additional information sheets, hints and tips. For more details go to: <https://childrenandfamilyhealthdevon.nhs.uk/signpostplus/>



AFASIC - Voice for Life Help and Support

AFASIC is a national charity that supports parents who

are concerned that their child has speech, language and communication needs and/or if their child is not talking or saying as much as other children they age.

The AFASIC parent helpline is open 10.30am – 4:00pm Monday & Wednesday to discuss any worries and/or concerns that parents have about their child's needs, what help they need and how to get it, on 0300 666 9410.

[AFASIC runs a website](#) with helpful resources and a helpline that knows enough about SLCN to help understand children's difficulties, what help is needed and how to get it.

They also offer a 'listening ear' if you just want to talk to someone who understands. No query is too small or too silly. If you are worried or even just want to check there's nothing else you need to know or do, please get in touch.



Direct payments review

The Disabled Children's Service are currently doing a financial review of their direct payments system. This is to ensure that they get greater consistency and a fairer system for all. One area the review will look at is payments made via the Devon Card accounts, whereby money has been transferred to the card holder's personal account or to an account that appears to be that of a family member. In January, the service will be writing to all those who have used their Devon Card in this way to ask them to provide a further explanation and receipts for these transactions as part of the audit.

You can find out more about the review here: https://www.devon.gov.uk/educationandfamilies/archives/10561?utm_source=Facebook&utm_medium=social&utm_campaign=SocialSignIn



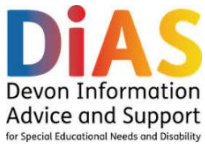
BBC TV EDUCATION ANNOUNCEMENT

Starting on Monday 11th January, each week day on CBBC will see a three-hour

block of primary school programming from 9am, including BBC Live Lessons and BBC Bitesize Daily, as well as other educational programming such as Our School and Celebrity Supply Teacher and much-loved titles such as Horrible Histories, Art Ninja and Operation Ouch.

BBC Two will cater for secondary students with programming to support the GCSE curriculum, with a least two hours of content each weekday. You can always RECORD the episodes to view at a later date/time.

Full story here: <https://www.bbc.com/.../bbc-launches-biggest-education...>



DiAS - Demystifying SEND Sessions

As part of the Ambassador Volunteer Project and in partnership with the Parent Carer Forum Devon (PCFD) the demystifying SEND sessions were hugely successful. These sessions were aimed at parent/carers supporting their child/children with SEND, who wanted to find out more about how SEND support should work, who does what and where to get help.

As the sessions had such great responses, additional sessions have been added in **January**, to book on one of these three sessions [click here for the Eventbrite link with the dates and times](#) and [here for more information on the sessions](#).



Pathological Demand Avoidance (PDA)

for Parents/Carers

The PDA Society is running a webinar for parents over two online Zoom sessions, 28th

January and 4th February 2021 (10.00am-12.30pm)

This course is for parents and carers of children or young people with the autism profile of PDA. Each session is packed with information but is not designed as an interactive workshop, although opportunities for discussion and questions will be available.

During the course you will discuss: 'What is PDA?', consider what demands are, and their effects, then explore how to help using a variety of different approaches. There will also be a look at siblings, diagnosis and education.

For more information and to book:

<http://soc.devon.cc/WxRI5>



Sex Education

Young people with disabilities can feel particularly invisible in classroom sex education lessons, since the content typically doesn't reflect their experience. Meanwhile, some teens may assume their peers with disabilities have no interest in sex or sexuality at all.

This new video from AMAZE, a YouTube sex ed series for adolescents and teens, takes on and then shatters the stereotypes and misconceptions about disability and sexuality.

[Here](#)

The Children's Society

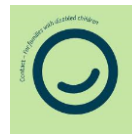
The Children's Society

Talking to your children about their well-being isn't always easy, but young people know it's good to talk about their feelings so let The Children's Society help you start the conversation.

Find out how you can help support your child through self-esteem, stress and anxiety issues.

For more details go to:

https://www.childrenssociety.org.uk/information/young-people/well-being/resources?utm_source=facebook&utm_medium=cpc&utm_campaign=facebookcpc_FOFMlokalikes_Facebookfeed_static_Dec2020&fbclid=IwAR1JGCEusLqiR7tI5fsntucheBKWV_VHLPLicNiFXqP1ubDwmsqecyoXME



Contact A Family - Supporting siblings

Parents often talk to Contact A Family about the importance of siblings and the difficulties that can arise for the siblings of a disabled child. However, these challenges rarely stop the relationship that the sibling has with their disabled brother or sister, being one of the most important in their lives.

Over on their website, they highlight some of the issues that may crop up for siblings of a disabled child and give tips to respond to them. Click here for more details: <http://ow.ly/dx6t50CQ32S>



Bis-net Training

Supporting Autistic people with distressed or unsafe behaviour.

A webinar for parents and professionals supporting Autistic people who experience meltdowns or distress leading them to unsafe behaviours.

To book a place via Eventbrite go to:

https://www.eventbrite.co.uk/e/supporting-autistic-people-with-distressed-or-unsafe-behaviour-tickets-135323539349?fbclid=IwAR3tL-dEur_Cu09pGUaPqny9uI6k-A7dg1bo-ZWF01nJwhq2wcweOsrWTU



Action for Children

Home schooling can be a challenge, for parents as well as children. It's OK to take it slowly and be flexible.

Here are Action for Children's tips on getting started: <https://bit.ly/3ocM6dZ>



Babcock Cygnet Parent Autism Awareness Courses.

Babcock LDP have negotiated

and agreed access to the Cygnet courses for families of Children and Young People in Devon who are currently on the Autism Assessment Pathway, in addition to families of Children and Young People who have received an autism diagnosis.

The programme is for parents/carers of children aged between 7 and 18. Babcock LDP as licensed trainers will be offering access to this programme online during this Spring Term period, as hosting their usual parent autism awareness programme is not physically possible at this time due to CV19 restrictions. There will be 6 weekly sessions (approx. 2hrs each) related to the following topic/themes:

No.	Topic	Release date
1	Introduction	Mon 22 nd Feb
2	Autism overview	Mon 1 st Mar
3	Sensory	Mon 8 th Mar
4	Communication	Mon 15 th Mar
5	Understanding behaviour	Mon 22 nd Mar
6	Supporting behaviour	Mon 29 th Mar

To access the programme email:

LDP-LearnerSupport@babcockinternational.com

You will be asked to complete a Reply Slip to confirm details.

Also, from Babcock

Join their forthcoming event:

Leading Good Autism Practice (4 modules)	Mon 18 Jan, 25 Jan, 8 Mar + 29 Mar	3.30 – 5p.m
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Essential for those in roles of leadership (SENCO/INCO, who support and train others and who are able to influence whole school development in responding effectively to the needs of autistic pupils.

Framed in the AET school autism standards, the training provides practical support and resources in support of whole school improvement.

The training will support participants in:

- developing a full understanding of good autism practice
- evaluating and developing autism practice within their setting
- auditing staff knowledge and skills and identifying professional development needs

- understanding how the pursuit of good autism practice can support wider regulatory and good practice compliance

Booking enquiries if required via: Turner, Tina
Tina.Turner@babcockinternational.com



Sign Source learning

Fully funded (Zoom) Sign Language Courses.

Do you know some or have an interest in sign language (BSL) and want to learn more? Now is your chance. Thanks to funding from the Department for Communities, Sign Source Learning are able to offer a range of classes free of charge.

Classes for children and families, teenagers & adults. For more details email:

anthony@lovetennisni.co.uk or call 07970 984340



Ambitious about Autism

During covid-19

restrictions, everyone is spending more time online. For children and young people with autism, there is an increased risk that upsetting content or inappropriate advances from others that might cause harm or heightened sense of distress. This easy read guide and advice can help you and your family stay safe online from cyber bullies, scams and fake news
<https://bit.ly/35Guekx>



Devon Pre-School Speech & Language Therapy:

In light of yesterday's announcement, Devon Pre-School

Speech & Language Therapy team are aware that lots of families will have their children at home. Please see their online toolkits for lots of activities and ideas to support your child's speech and language development. Also remember their advice line is open every day for anybody to phone in 2-4:30pm on 0333 321 9448. They know this is a tough time for everyone and as a service will do their best to support you.

<https://childrenandfamilyhealthdevon.nhs.uk/.../early.../>



Council for Disabled Children Holistic Outcomes in EHCP E-Learning Course

[Council for Disabled Children has launched their Holistic Outcomes in Education, Health and Care Plans E-Learning](#)

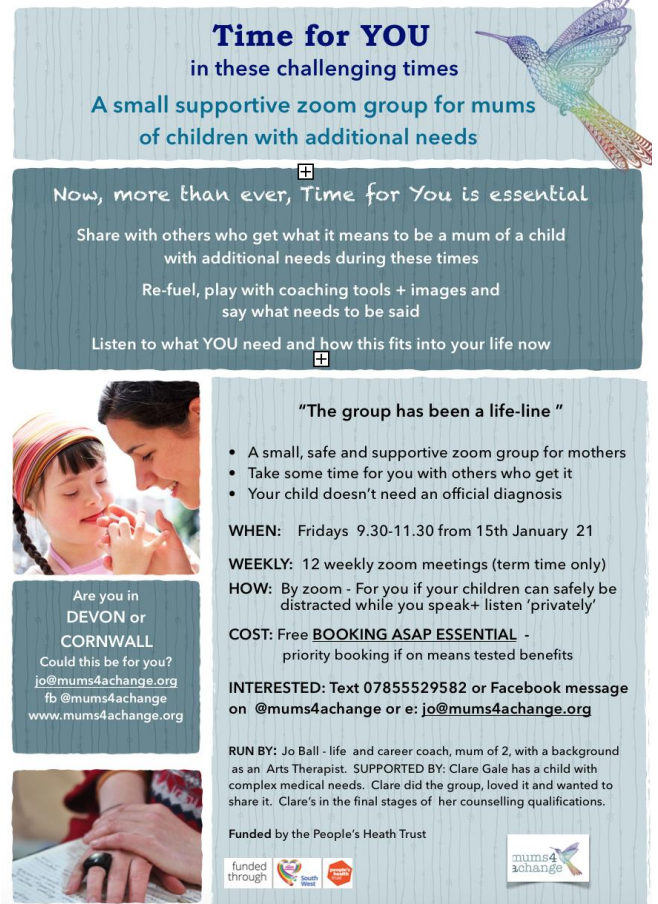
This free, self - guided course takes all the key elements from the popular and well received live training (currently being delivered online) and repackages it into a series of online modules, covering:

- Aspirations
- Outcomes from children and young people and family perspectives
- Outcomes from professional perspectives, including writing SMART outcomes
- Legal considerations

Annual reviews

Time for YOU

In lockdown we give more and often have less immediate support available to us. The 12-week supportive zoom group is a place where you can re-fuel yourself and be with others who get what it is like to have a child with additional needs in lockdown. The first group this year starts on Jan 15th and there is a space available so do contact jo@mums4achange.org if you think the Time for YOU group could be for you. Free, funded by People's Health Trust (Priority booking if you are on a means tested benefit).



Time for YOU
in these challenging times

A small supportive zoom group for mums of children with additional needs

Now, more than ever, Time for You is essential

Share with others who get what it means to be a mum of a child with additional needs during these times

Re-fuel, play with coaching tools + images and say what needs to be said

Listen to what YOU need and how this fits into your life now

"The group has been a life-line"

- A small, safe and supportive zoom group for mothers
- Take some time for you with others who get it
- Your child doesn't need an official diagnosis

WHEN: Fridays 9.30-11.30 from 15th January 21

WEEKLY: 12 weekly zoom meetings (term time only)



HOW: By zoom - For you if your children can safely be distracted while you speak+ listen 'privately'

COST: Free **BOOKING ASAP ESSENTIAL** - priority booking if on means tested benefits

INTERESTED: Text 07855529582 or Facebook message on @mums4achange or e: jo@mums4achange.org

RUN BY: Jo Ball - life and career coach, mum of 2, with a background as an Arts Therapist. **SUPPORTED BY:** Clare Gale has a child with complex medical needs. Clare did the group, loved it and wanted to share it. Clare's in the final stages of her counselling qualifications.

Funded by the People's Health Trust

funded through  



Increasing Data

If you're home schooling and don't have home Broadband or can't afford extra mobile

data, you may be able to get help.

The link below is in regards to mobile phone data increases for vulnerable families that can be requested on behalf of families by schools, trusts and local authorities.

To find out more about the data increase for some disadvantaged families, go to: <https://get-help-with-tech.education.gov.uk/about-increasing-mobile-data>

Useful Emergency Contact Numbers:

NHS Helpline: **111** Use **999** if a medical emergency.

Multi Agency Safeguarding Hub, if you are concerned about your own safety or that of a child or young person: **0345 155 1071**

National Domestic Abuse Helpline (Devon): **0808 2000 247** (24 hours) Use **999** if you are in immediate danger.

YoungMinds Crisis Messenger, for free 24/7 support across the UK if you are a young person experiencing a mental health crisis. If you need urgent help **text YM to 85258**

Samaritans (24 hours): **116 123**

Citizens Advice Bureau National Helpline: **03444 111 444**



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Let the SIGNPOSTplus team know
if you have any opinions on what
works and what doesn't work with
our information sharing. If you have any ideas
for improvements or if you have anything else
you would like to share email
amandasmithson@nhs.net**



**Find us on Facebook.....like the
SIGNPOSTplus page for regular
updates on all things related to
children with additional needs.**

**An archive of recent snippets can be found at
the [SIGNPOSTplus page](#) on the Children and
Family Health Devon website**

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place on such information is therefore strictly at
your own risk.**

